

CARDIO ZONE

E-CZ500

Owner's Manual E-CZ500 Elliptical

Customer Service

(888) 340-0482

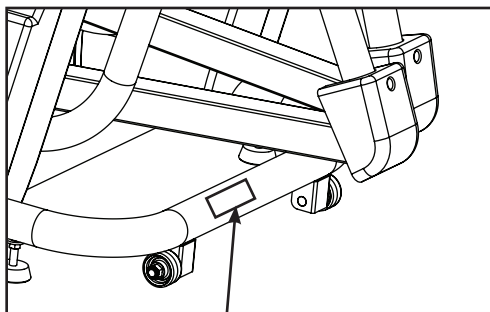
Manufactured By:

Keys Fitness Products

4009 Distribution Drive

Suite 250

Garland, TX 75041

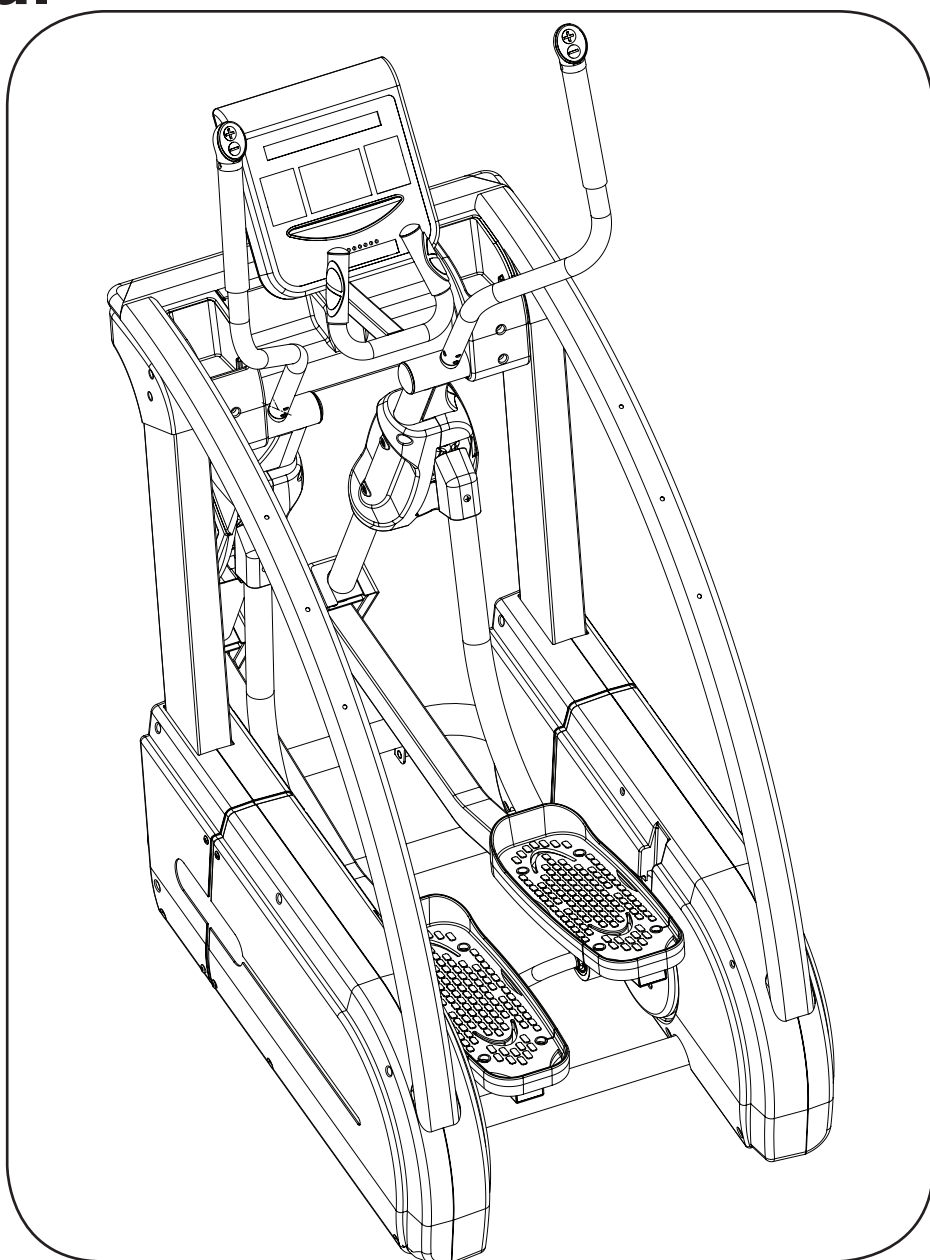


SERIAL TAG IS LOCATED ON THE FRAME

Model Name: **E-CZ500**

Date of Purchase: _____

Serial Number: _____



315-00119
10/07 Rev B

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Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

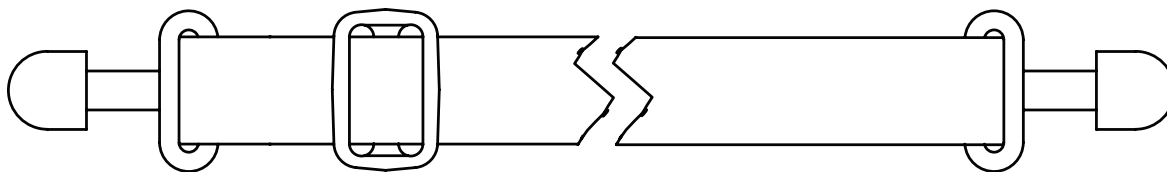
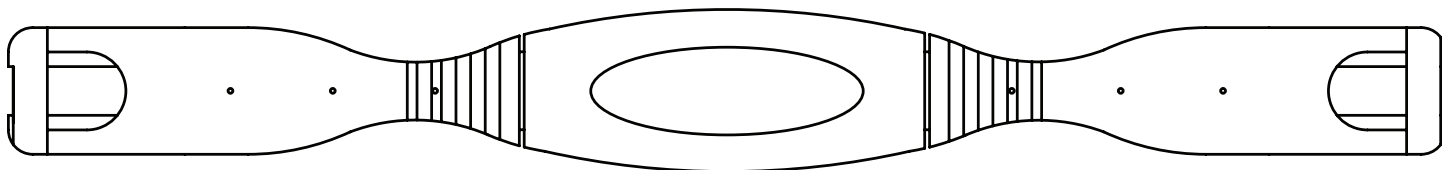
1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. It is recommended that a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

Important Safety Information



SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.
3. Handle the Chest Strap with care. Dropping the transmitter might cause damage that could void the warranty.
4. Do not use the chest strap if you have a cardiac pacemaker or if you are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.
5. Do not bend the strips inside the chest strap. This can cause the chest strap to lose conductivity.
6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause inaccurate reading.



Assembly



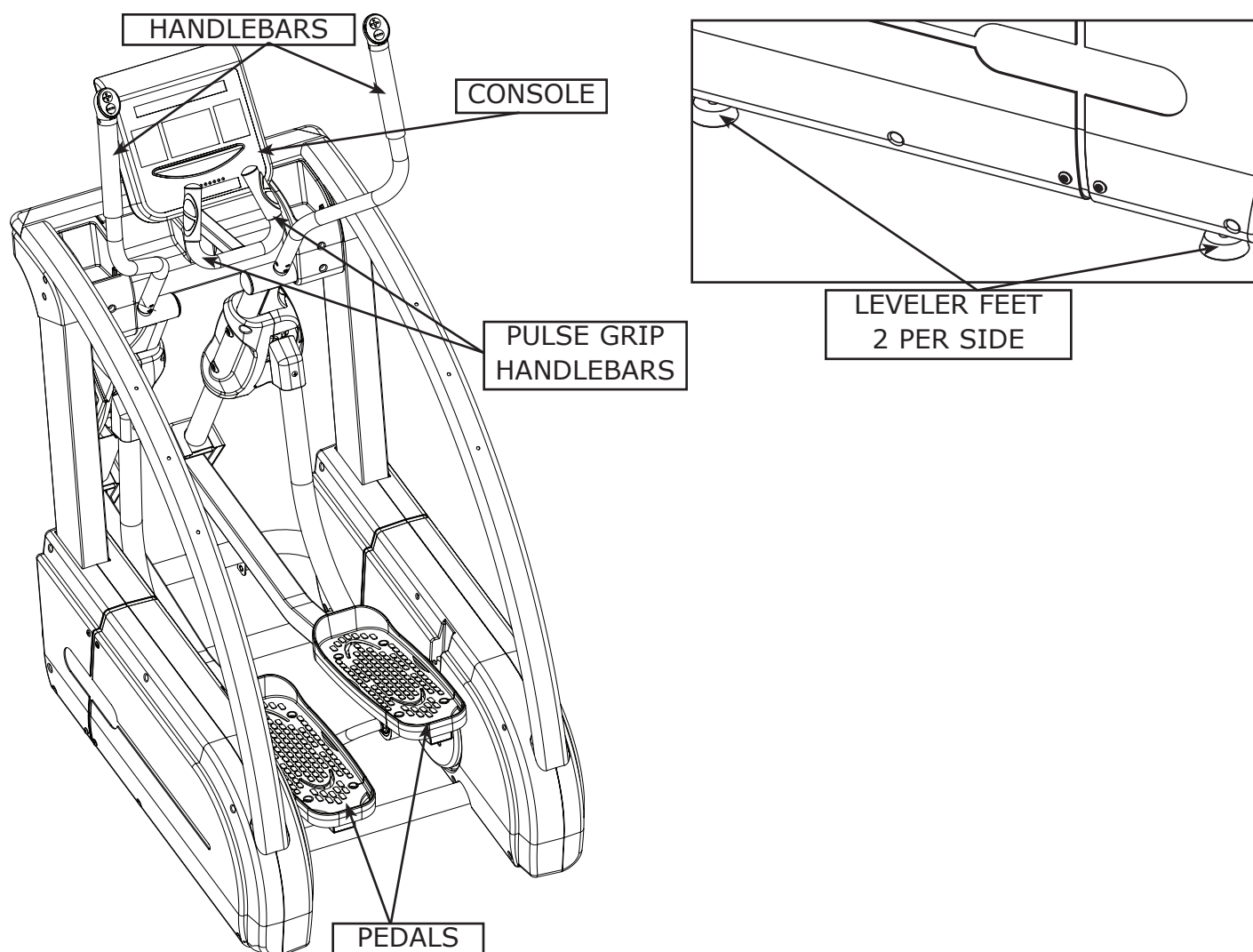
Thank You for purchasing the CardioZone **E-CZ500 Elliptical**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving your physician's consent.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. CardioZone recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Getting Started - The CardioZone **E-CZ500 Elliptical** will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before starting the assembly, the unit should be placed as close as possible to its final location. Tools have been provided for use while assembling this product.

Assembly Parts

1. Owner's Manual
2. Linkage
3. Left and Right Handlebars
4. Console
5. Console Cable
6. Console Mast
7. Rear Cover
8. M8*50mm Hex Bolt - Qty 3
9. M8*12mm Hex Bolt - Qty 4
10. M8*20mm Hex Bolt - Qty 6
11. M5*12mm Screw - Qty 9

Figure 1

Locate bag labeled Figure 1. Lift pedal and place left Linkage onto Sleeve and align holes. Secure Linkage to unit using four M8*12 mm Hex Bolts.

Note: Left Linkage will be wrapped in plastic. Right Linkage will already be secured to the sleeve.

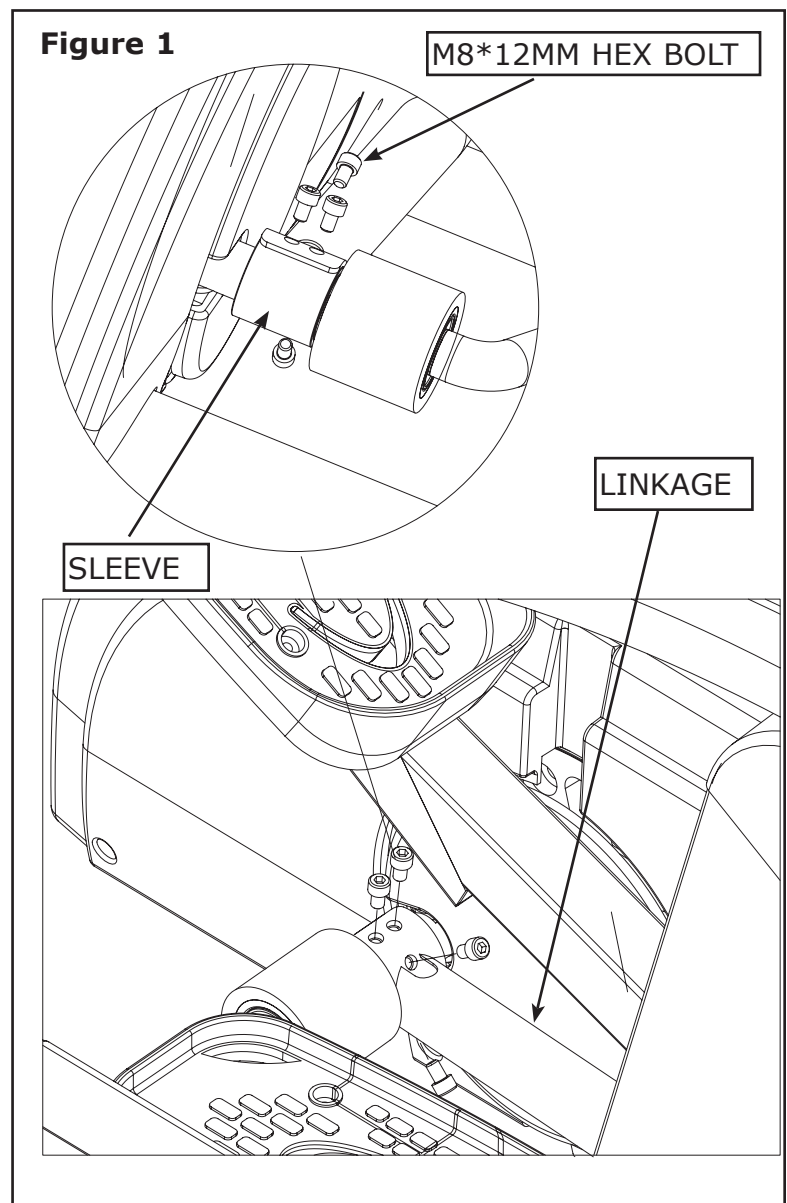


Figure 2

Locate bag labeled Figure 2. Attach Handlebars to Main Frame using three M8*20mm Hex Bolts. Repeat for other handlebar. Connect the toggle wires from both handlebars to the toggle jacks. **Note:** The toggle wire will only go into the jack one way.

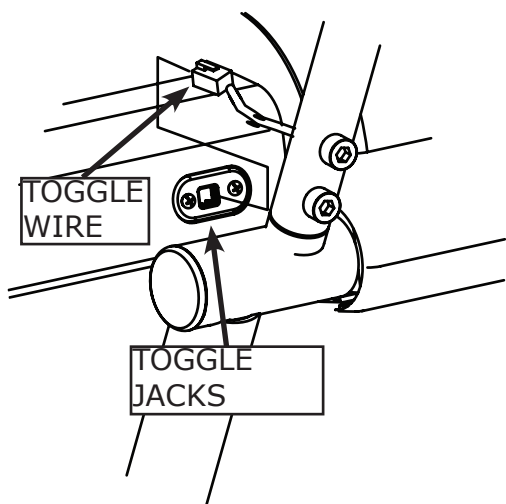


Figure 2

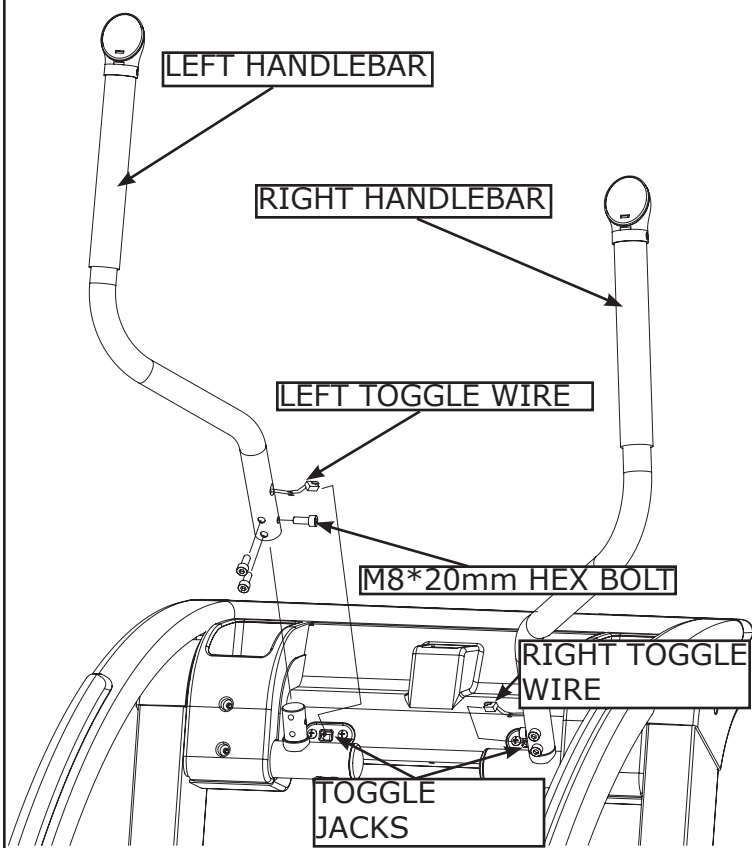


Figure 3

Remove Rear Cover from unit by removing five screws.

Figure 3

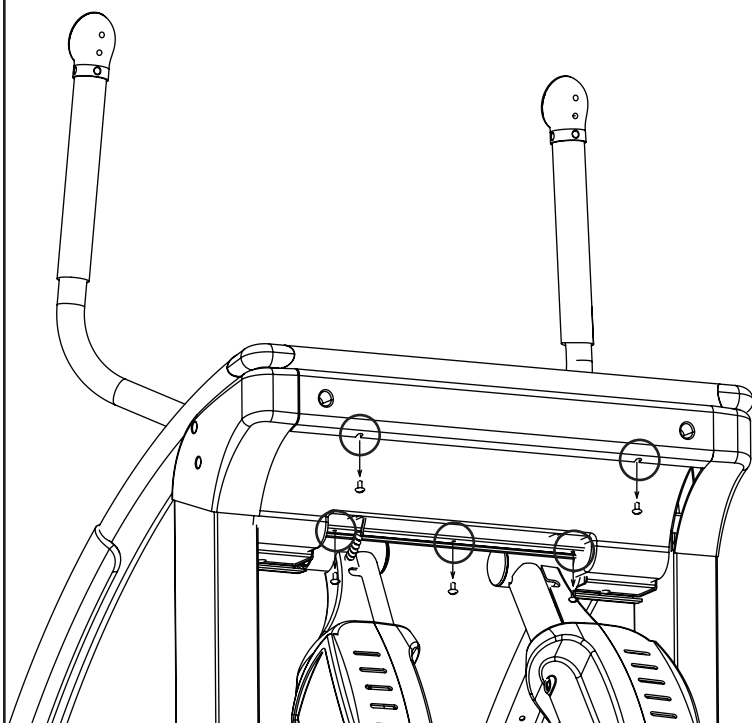


Figure 4

Locate bag labeled Figure 4. Slide Tube down into Main Frame. Secure using three M8*50mm Hex Head Bolts. Cable should extend thru bottom and top of Console Tube.

Figure 4

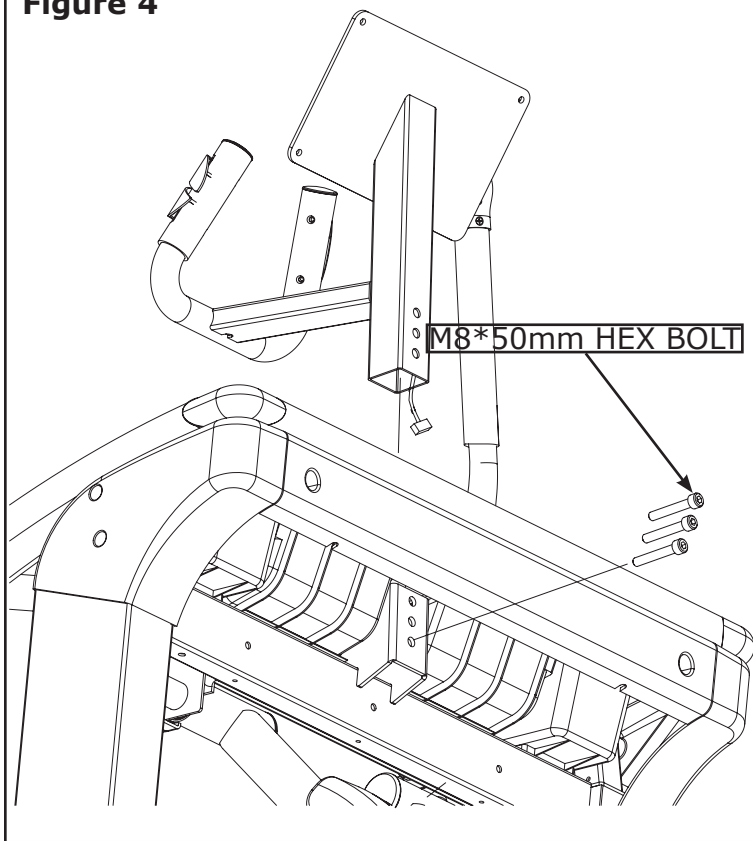


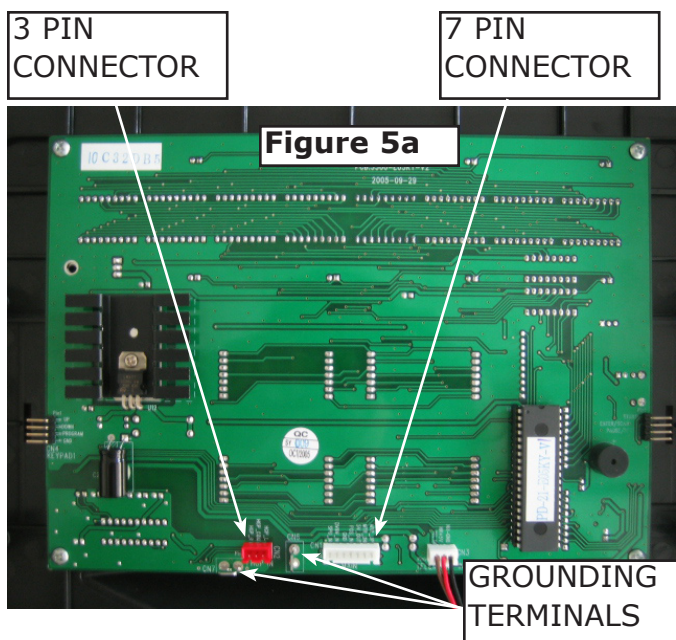
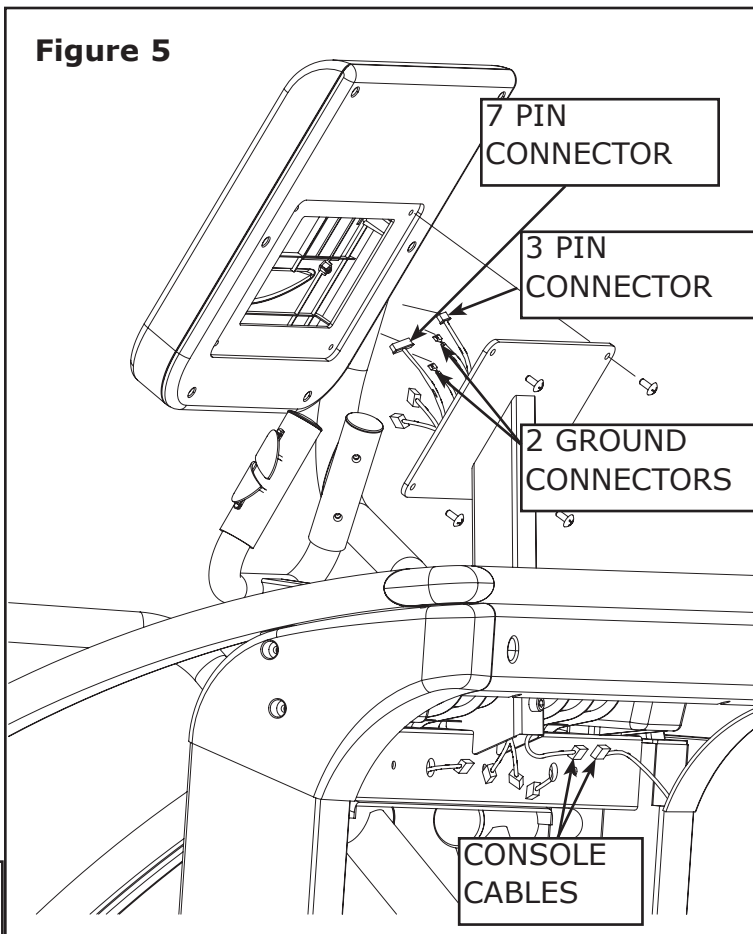
Figure 5

Locate bag labeled Figure 5. Connect 7 Pin, 3 Pin and Grounding cables. Refer To Figure 5 and 5a.

Attach Console to Console tube using four M5*12mm Philips Head Screws.

Note: Ensure that all wires are secure inside console. Be careful not to pinch wires.

Figure 5



Assembly

Figure 6

Attach Rear Cover to Main Frame using five M5*12mm Philip Head Screws removed in figure 3. While attaching the Rear Cover, allow 3 loops to remain exposed.

Note: Do not force Rear Cover back into place, this will damage Rear Cover.

Warning: Before moving to Figure 7, make sure that only 3 loops of the Actuator Cable are exposed. The excess wire should be placed inside of the rear cover.

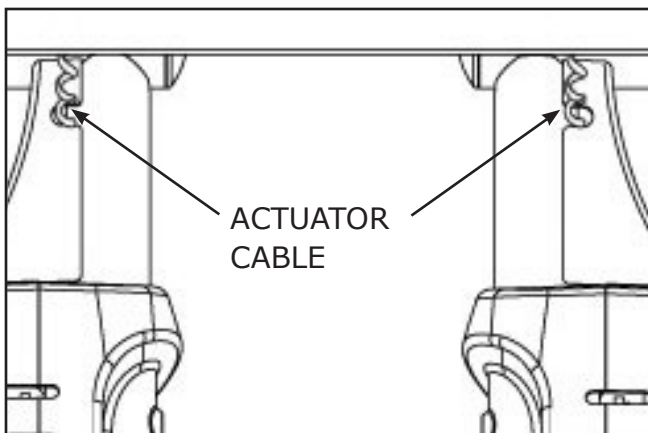
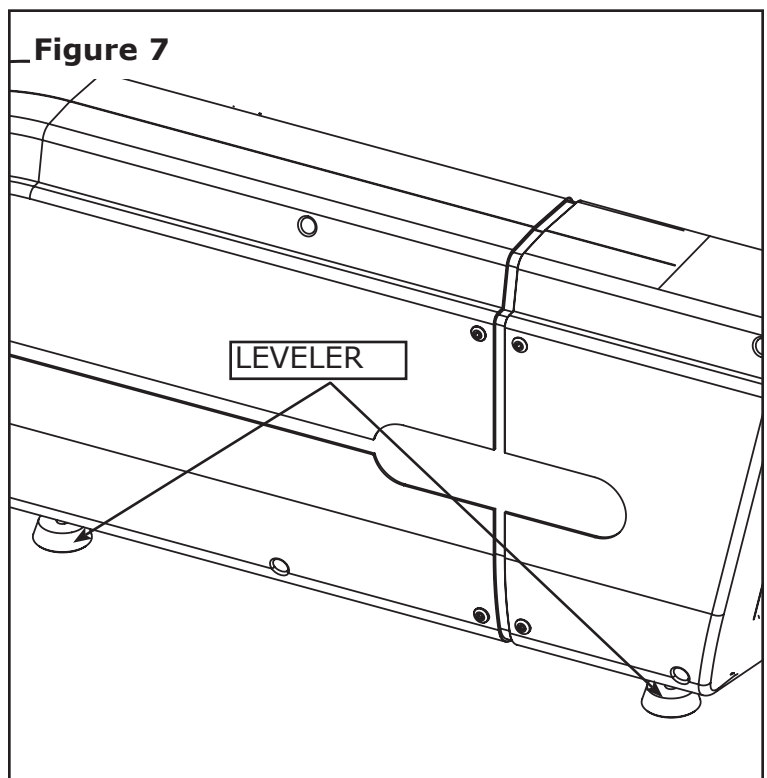
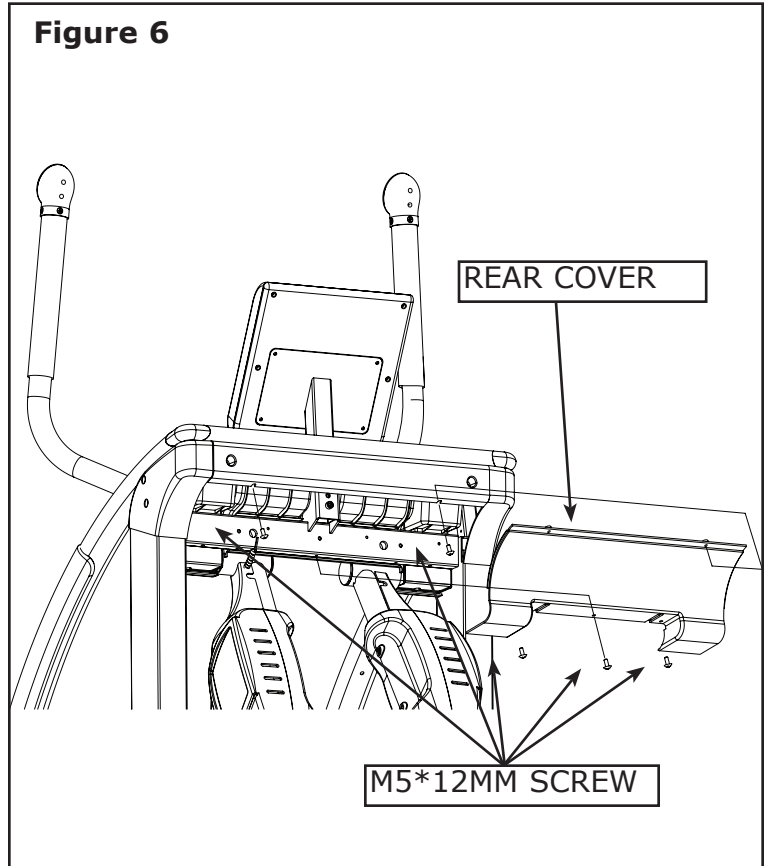


Figure 7

Level machine so that it does not wobble. Leveler feet screw in and out to level machine. After machine is level, tighten leveler nut to secure levelers in place.



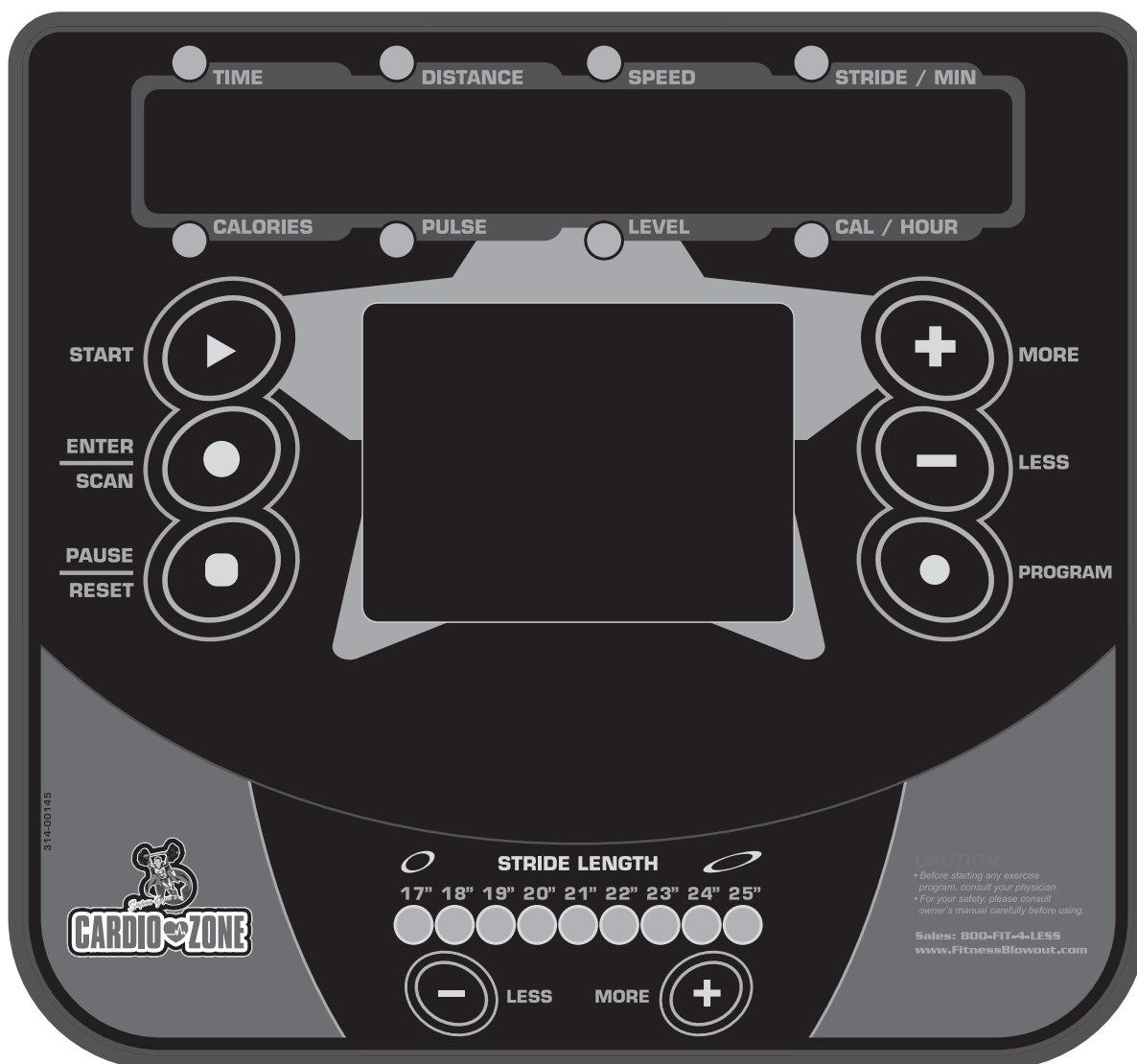
CONGRATULATIONS!

You have completed assembly of your E-CZ500 Elliptical

Console Instructions



Take a few moments to review the console layout. Below is an overview of the console keys and their different functions.



OVERVIEW

START

Press to enter Quick Start Mode. In Pause Mode, this button is used to resume exercise session.

ENTER/SCAN

In Program Mode, this button is used to confirm the values you set. During exercise, pressed once, will place the main console window in Auto Scan Mode. The display will change every four seconds from Time/Distance/Speed/Strides Per Min To Calories/Pulse/Level/Cal/Hr. To exit Auto Scan Mode and enter Manual Scan Mode, Press and Hold button for two seconds. Console will beep twice. Manual Scan Mode allows you to toggle display from Time/Distance/Speed/Strides Per Min To Calories/Pulse/Level/Cal/Hr by pushing the ENTER/SCAN button. To return to Auto Scan Mode, Press and Hold button for two seconds. Console will beep twice to confirm switch.

Console Instructions



PAUSE/RESET -

During exercise, this button is used to Pause workout.

In Pause mode, this button is used to reset program time and workout data to zero.

In Program mode, this button is used to reset values to the default.

Caution: In User 1 and User 2 programs, the user profile data will be cleared also.

More/Less -

In Program mode, this button is used to increase/decrease Time, Weight and Age.

During exercise, this button is used to increase/decrease the resistance level from 1 to 20.

Press and Hold for two seconds to rapidly increase/decrease values.

PROGRAM -

In Program Mode, this button is used to toggle between workout programs. The program selected will show in the message window. The program profile will show in the profile window.

Note: There are two information windows on the console.

MORE/LESS STRIDE -

Used to change stride length to desired length. The E-CZ500 is equipped with a motorized stride length adjustment system. This system allows the user to select a stride length between 17" and 25". The default will be 21". To change the stride length, press the MORE or LESS button until the light above the desired length is lit up. You may change the stride length at any time.

BUTTONS ON UPRIGHT HANDLEBAR



In order to offer more flexibility during your workout, two additional toggle switches have been placed on the right and left upright handlebars. These buttons are used to change the resistance of the workout and the stride length of the unit. They are used the same way as the buttons on the console. These buttons may be used at anytime as a substitute to pressing the buttons located on the console.

MESSAGE WINDOW - Displays Program Name, Messages, Time, Distance, Speed, Strides/Min, Calories, Pulse, Resistance Level and Cal/Hour.

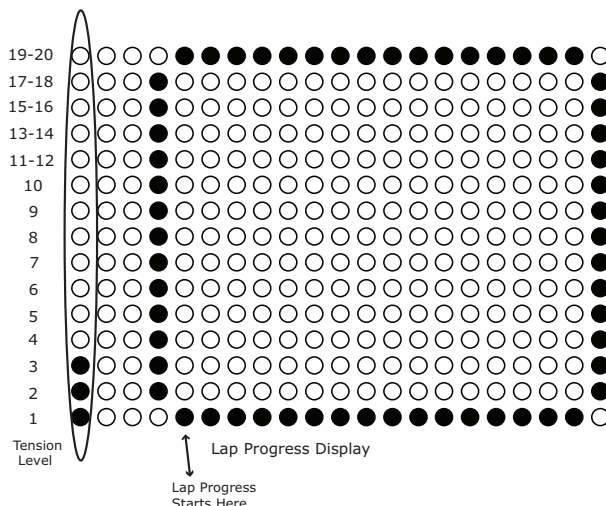
PROFILE WINDOW - This 21 X 15 LED Window displays Program Profile, Tension Bar, Heart Rate Bar (HR Programs only), Lap Progress Display and Lap Counter. The Profile window toggles between program profile (10 seconds in window) and lap counter (30 seconds in window), except in Heart Rate Programs.

Note: When changing resistance levels in preset programs, the change will not show in the program profile. Changes in resistance will show in the first column when lap progress function is shown.

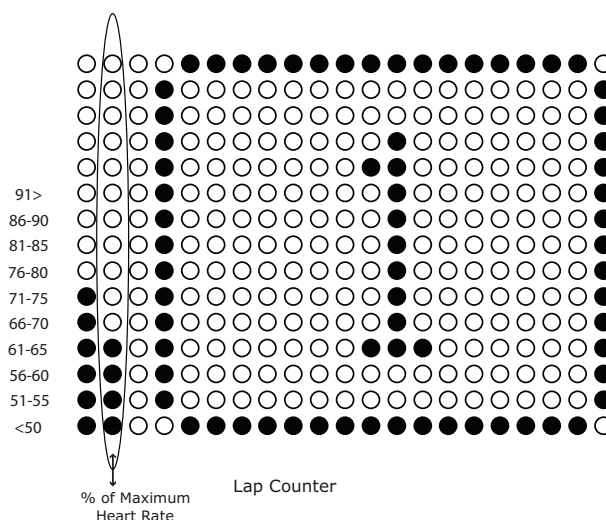
Console Instructions



LAP DISPLAY - Shows your progress around an imaginary track. This also shows the tension level in the first column. The first 10 dots in the tension column represents an increase of one and the final 5 dots represent an increase of two. Tension is adjustable from 1-20. One dot on the lap counter is equal to 15 revolutions. One revolution is equal to 2 steps. Current position on track will blink.



LAP DISPLAY/COUNTER - In Heart Rate Mode the lap progress display also shows % of Maximum Heart Rate and Tension level. **Note:** Heart Rate % will only use the first 10 dots.



PROGRAM INSTRUCTIONS

QUICK START MODE - The Quick Start Program allows the user to immediately start using the machine without having to use the preset programs. To enter Quick Start (Manual) mode: Plug power adapter into wall outlet. Plug the adapter cord into the power input located on the lower front-left side of the unit. The Message Window will display "PRESS PROGRAM KEY TO BEGIN". Press START button instead. Start exercising. The Resistance Level can be changed at any time during workout by pressing the +/- buttons. Default workout time is set at 30 minutes. Default weight is set at 150 lbs.

Console Instructions



MANUAL MODE - This program allows the user complete control over their workout. The user must make all tension adjustments using the +/- buttons. Follow directions in PROGRAM MODE section to enter and set values in manual mode.

PROGRAM MODE - There are six preset Programs. To enter Program Mode: The Message Window will display "PRESS PROGRAM KEY TO BEGIN." Press PROGRAM button until desired Program name shows in the Message window. The program profile will show in the Profile Window. See charts below for program names and resistance profiles. When the Program you wish to select shows in Message Window, Press ENTER/SCAN button to confirm program selection. TIME will show in Message Window. Use the +/- buttons to set Time desired. Press ENTER/SCAN to confirm time setting. Default Time is 30 minutes. Time settings can range from 1 minute to 99 minutes.

If Time entered is equal to or less than 21 minutes, each column in the program profile represents 1 minute.

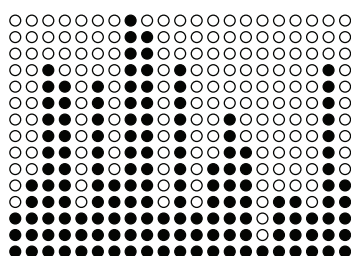
If Time entered is more than 21 minutes, each column represents 1/21th of time entered.

WEIGHT will show in Message Window. Use the +/- buttons to set weight. Press ENTER/SCAN to confirm weight setting. Default weight is 150 pounds. Weight settings can range from 70 lbs to 332 lbs.

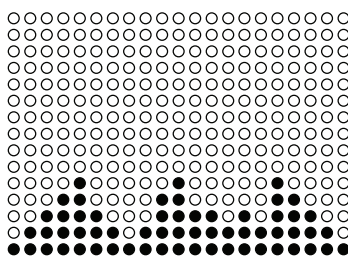
AGE will show in Message Window. Use the +/- buttons to set age. Press ENTER/SCAN to confirm setting. Default age is 30. Age setting can range from 1 to 99. Press START button to exit Program mode and begin exercise session.

For Information on Heart Rate Programs see HEART RATE Programs section of this manual.

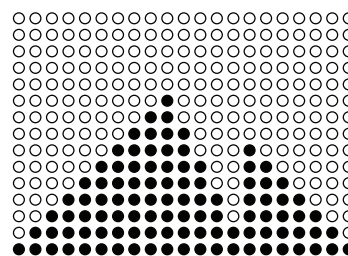
PROGRAM PROFILES



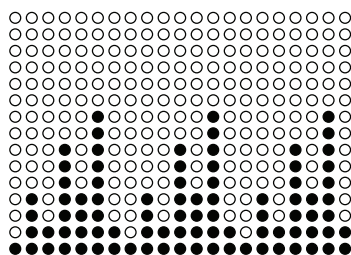
RANDOM



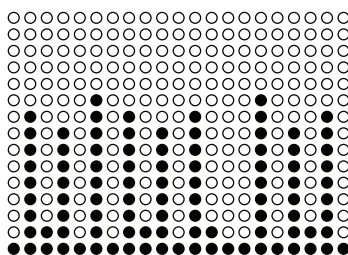
HILL



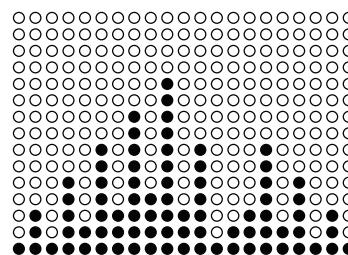
MOUNTAIN



INTERVAL



SPEED TRAINING



INTERVAL MOUNTAIN

MOUNTAIN - This program takes the user gradually up to a high tension level, then brings the tension level back down to the starting point. This program simulates what one might encounter on a true mountain course. This is a difficult program since higher tension levels are maintained for long periods of time.

HILL - This program takes the user thru two hill profiles. Tension changes are small during this program. This is a good program to get started with or for someone looking for a lower stress workout.

RANDOM - This program randomly generates a new program profile every time it is chosen. This allows you to keep the workouts fresh and motivating. When you scroll thru the programs to reach the RANDOM program, you will be able to see the program profile. If this profile is not to your liking, simply scroll thru the programs again. A new RANDOM program will be generated. The RANDOM program will be different every time you use it.

INTERVAL PROGRAMS OVERVIEW - These programs give users the best of both worlds. Lower intensity levels can provide effective fat burning, while higher intensity levels can provide effective cardiovascular training. The E-CZ500 combines these benefits in three effective Interval programs.

INTERVAL - This program simulates interval training thru a series of two hill profiles.

INTERVAL MOUNTAIN - This program simulates interval training thru a difficult mountain profile.

INTERVAL SPEED TRAINING - This program simulates interval training with more extreme levels of high and low intensity levels.

USER PROFILES

U1/U2 - User Profiles U1 and U2 allow you to customize and save a exercise session.

To enter data into User Programs:

Scroll thru programs to U1 or U2. If no profile has been saved, the message window will scroll "EMPTY FILE PRESS START TO BUILD A NEW PROFILE." Press Start. You may make changes to the tension level at any time during your exercise session. Once you press PAUSE/RESET and exit the program, the data is automatically saved.

To clear a saved User program:

Press Program button to scroll to U1 or U2 program. Press ENTER/SCAN to select program. Press and hold PAUSE/RESET for 2 seconds (console will beep twice).

HEART RATE PROGRAMS-

(See MONITORING YOUR HEART RATE Section for more information)

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal in mind.

In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter. The pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

Console Instructions



It is suggested for the Chest Strap Transmitter that you position the rectangular transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.

If no Heart Rate signal is detected for 10 seconds, the message center will show "NO DETECTED HR". If this continues for 40 seconds, the message center will show "ABORT PROGRAM" for 3 seconds then interrupt the Heart Rate Control program and return to Program Mode.

HOW HEART RATE PROGRAMS WORK -

Delta Heart Rate (DHR) = Beats per minute difference between Target Heart Rate and Current Heart Rate

The Heart Rate Programs will behave in the following manner:

If DHR is equal to or less than 5, Tension Level stays the same, and Message Center will show "IN HR TARGET" for 3 seconds then it will toggle back to workout information.

If DHR is more than 5, Tension Level will decrease if current heart rate is below target heart rate. If the current Tension Level is 1, then the Message Window will display "STRIDE SLOWER" for 3 seconds.

If DHR is more than 5, Tension Level will decrease if current heart rate is above target heart rate.

If DHR is more than 5, Tension Level will increase if current heart rate is below target heart rate.

The Console will check the user's Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.

There are 5 HEART RATE CONTROL programs to choose from.

% (TARGET HEART RATE) - Allows the user to select the percentage of your Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that you would like to maintain during your exercise session. The range of percentages is 50% to 85%.

HR 80% (CARDIO) - Maintains your Target Heart Rate at 80% of Max HR by automatically adjusting the tension levels. This program provide a high intensity, cardiovascular workout.

HR 65% (FAT BURN) - Maintains your Target Heart Rate at 65% of Max HR by automatically adjusting the tension levels. This program provides the ultimate fat burning workout.

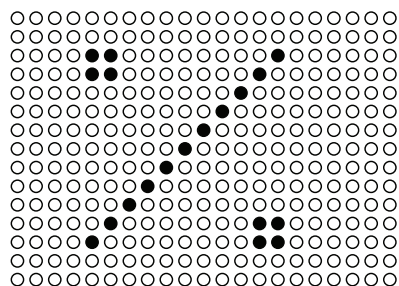
HR HILL (65-75-85%) - Simulates hill training by changing the Target Heart Rate thru 3 different percentages. The changes will occur as follows:

65% - 75% - 85% - 75% - 65% - 75% - 85% etc.

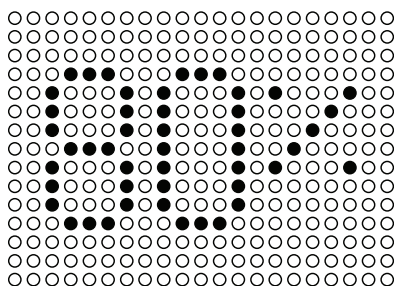
Each percentage will be held for three minutes before changing to the next percentage.

HR INT (HILL INTERVAL) - This program alternates between 65% and 85% of your Max HR. This program provides an excellent fat burn and cardiovascular workout. Each percentage will be held for four minutes before alternating to the next percentage.

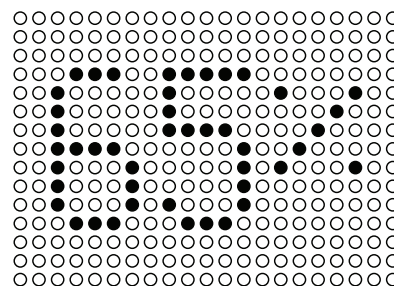
HEART RATE PROGRAM PROFILES



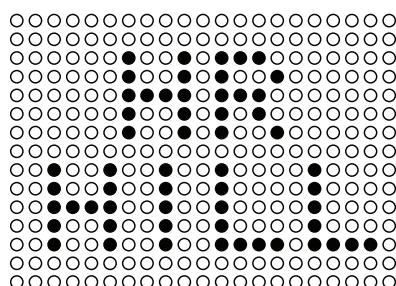
TARGET HR



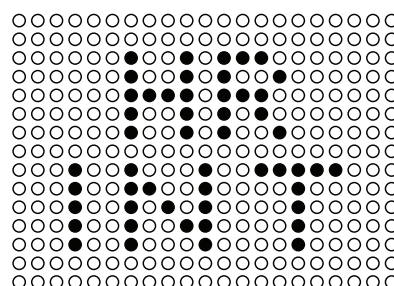
HR CARDIO



HR FAT BURN



HR HILL



HR INTERVAL

DURING OPERATION -

- The Console will display and update calculated workout data in each of the windows.
- The Console will continue to count down until Time has reached 0:00.
- Use the +/- buttons to adjust the resistance level at any time during your workout session.
- In the Profile Window, the current column will be flashing.
- During non-heart rate programs, the profile window will toggle between the program profile and the track display. Profile will show for 10 seconds, Track for 30 seconds.
- During heart rate programs, the profile window will only show the track.
- The User may change the program selection during an exercise session by pressing the PROGRAM button until new program is selected. The new selected program will start from the beginning of the profile. All workout data will continue to add to previous values. If you burned 150 calories during original program this value will not reset to 0.
- Unit will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

ERROR MESSAGES -

The message center will display "MOTOR ERROR" message whenever the brake motor was unable to move to its target position within 2 seconds. Each time the E-CZ500 is powered on, the console will check the brake motor status. If the brake motor does not reply, then the console will display the error message "MOTOR ERROR" immediately and disable button operation until power is reset. To clear this error message plug and unplug the unit.

TO CHANGE UNIT OF MEASURE FROM STANDARD TO METRIC -

Press the PAUSE/RESET button for 2 seconds. Use the +/- buttons to change unit of measure. Press ENTER/SCAN to confirm setting.

Monitoring Your Heart Rate



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

AGE	TARGET ZONE					MAX HR
	65%	70%	75%	80%	85%	
20	130	140	150	160	170	200
25	127	136	146	156	166	195
30	123	133	143	152	162	190
35	120	129	139	148	157	185
40	117	126	135	144	153	180
45	114	124	134	140	149	175
50	110	119	128	136	145	170
55	107	115	124	132	140	165
60	104	112	120	128	136	160
65	101	108	116	124	132	155

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supine Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.

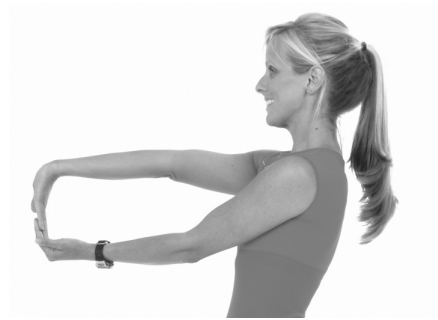


Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

Troubleshooting Guide



Symptom	Possible Cause	Solution
Console has no power	DC adapter is not plugged into wall outlet?	Plug DC adapter into wall outlet
	DC adapter cord is not plugged into E-CZ500?	Plug DC adapter cord into E-CZ500 power socket
	Console cable is not connected?	Verify that console cable is connected properly
	The computer is faulty?	Call the Keys Fitness service number
Strides/Min or Speed shows 0	Computer isn't receiving a signal from the sensor?	Check that the sensor magnet is correctly fitted and passes in front of the sensor
		Check that the gap between sensor and the magnet is 3mm or less
		Check that all the computer plugs and sockets are correctly and firmly connected
		Check that the computer wires are not damaged
	The sensor is faulty?	If all above checks are okay, then replace sensor
	The computer is faulty?	Call the Keys Fitness service number
No HR signal or incorrect HR signal	Computer is receiving a faint or intermittent pulse signal	Check that the pulse plugs are firmly inserted into the sockets
		Check to make sure that the batteries in the chest strap are installed correctly
		Replace the chest strap batteries
		Check to see if the receiver is properly installed
		Check to see if the chest strap is being properly worn by user - if skin is extremely dry, then moisten contact points on chest with water and try again
		If problem still exists then call the Keys Fitness service number
Noise from motor	Symptoms include an unusually loud noise coming from the motor, which means the gears are not meshing correctly	Try reversing the resistance and try again. If this fails, then replace the motor.

Error Messages

Your elliptical is equipped with a software package that enables error messages to be displayed when there is a problem. The following error codes will be displayed in the console display windows.

ERR 1 - Brake Motor Error - Occurs if lower control board does not detect a signal from Brake Motor.

ERR 2 - Left Stride Motor Error - Occurs if lower board does not detect a signal from the Left Stride Motor.

ERR 3 - Right Stride Motor Error - Occurs if lower board does not detect a signal from the Right Stride Motor.

ERR 6 - Left Stride Motor Lower Limit Switch error.

ERR 8 - Right Stride Motor Lower Limit Switch error.

ERR 11 - Communication error between the Lower Board and the Console.

To avoid possible damage to the elliptical and the possibility of injury, do not operate the elliptical until the problem is corrected. Call CardioZone Customer Service at (888) 340-0482.

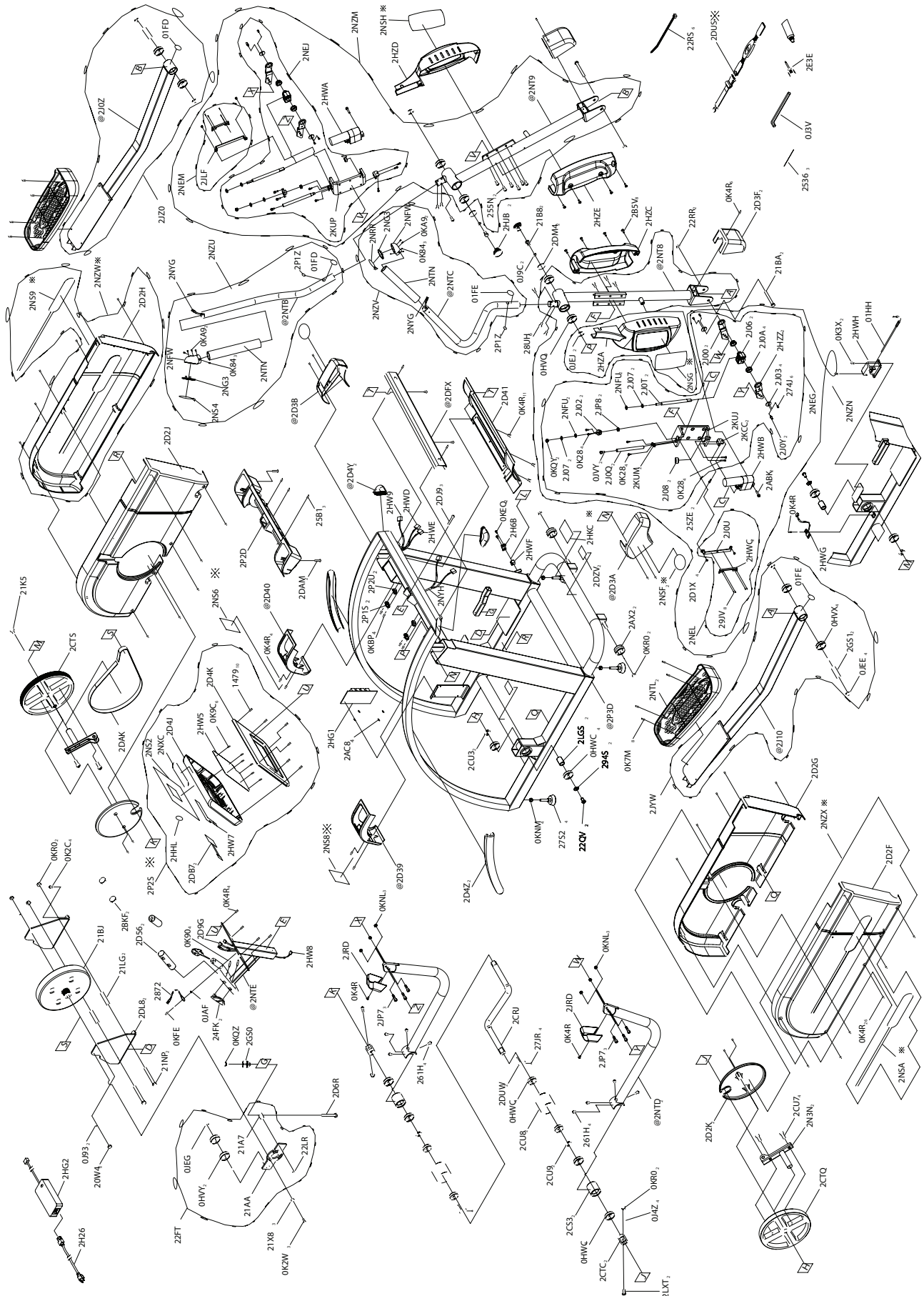
Parts List



E-CZ500 PARTS LIST REV A

Ref #	Parts #	Description	Qty	Ref #	Parts #	Description	Qty
0JEG	302-00109	C-RING A-20	1	2CS3	306-00669	SHAFT SLEEVE, CENTER-G/ACHIEVER/CDT	2
25B1	302-00113	CR. RE. ROUND WASHER HD. SCREW M5*0.8-25	3	2D4Y	306-00671	END CAP, CENTERG, 70MM*30MM, OVAL	2
0KQY	302-00135	LOCK NUT M8*1.25 T=8MM, 600E,A7E,EVO-1	2	2D2K	306-00680	FLYWHEEL COVER, (NEW STYLE) CENTER-G	2
0K2W	302-01131	BOLT M5*12	3	2G50	306-00731	COLLAR, #2GS0 CTM9.2E	1
2E3E	302-01183	SCREW DRIVER	1	2HJB	306-00732	END CAP, LINKAGE CTM-9.2E	2
2DJ9	302-01270	HEX. SOC. HD. CAP BOLT, M8*1.25-50	3	2D56	306-00739	FOAM, CONSOLE MAST CG3	2
2DAM	302-01271	CR.-RE. TRUSS HD. SCREW M5*0.8-65, BLACK	2	2AC8	306-00790	SUPPORT, PC BOARD CTM-9.3E	4
2CU7	302-01272	HEX. SOC. HD. CAP BOLT M12*1.75-30	4	2CTC	306-00945	COLLAR, NYLON, CENTERG/ACHIEVER/CDT	2
28UH	302-01274	HEX. SOC. HD. CAP BOLT M8*1.25-20	6	2BKF	306-00946	END CAP, 35.6MM OD, CENTERG	2
261H	302-01275	HEX. SOC. HD. CAP BOLT M8*1.25-12, BLACK	8	2P1Z	306-00991	STRAIN RELIEF"ROHS" F-TYPE SPT-2 2C 18	2
22RR	302-01276	HEX. NUT M10*1.5,T8 ZINC	2	2J02	306-01018	SHAFT SLEEVE, E-CZ500	2
22QV	302-01277	HEX. SOC. TRUSS HD. SCREW M10*1.5-20	2	2536	306-01019	LOCKING CABLE TIE 0.6-150L PVC+SS41 "RoH	3
21NP	302-01280	HEX. HD. BOLT M12*1.75-110, ZINC	2	2NTL	306-01020	PEDAL, E-CZ500	2
21BA	302-01281	HEX. HD. BOLT M10*1.5-81.5	2	2J08	306-01021	SHAFT SLEEVE, BELOW, E-CZ500	2
21B8	302-01282	HEX. HD. BOLT M10*1.5-20, ZINC	2	2DUS	307-00113	CHEST STRAP, CENTER-G	1
1479	302-01283	CR.RE. PAN HD. TAPPING SCREW M3x20-11.5	10	2HWH	307-00144	GEAR BOX, CG3	1
20W4	302-01284	HEX. NUT M10*1.5 T6, BLACK	2	2HG1	307-00719	CONTROL BOARD ASSY, CG3	1
0KR0	302-01285	LOCKING NUT, M12*1.75 T12	6	2HG2	307-00720	POWER SUPPLY, SWITCHING CG3	1
0KQZ	302-01286	LOCKING NUT, M10*1.5 T10	1	2HWA	307-00742	ELEVATION MOTOR ASS'Y, E-CZ500	1
0KNM	302-01287	HEX. NUT, M10X1.5 CT=8	4	2HW5	307-00743	CONSOLE CONTROLLER CIRCUIT BOARD, E-CZ50	1
0K9C	302-01288	CR. RE. TRUSS HD. TAPPING SCREW M3*24-8	6	2HWB	307-00744	ELEVATION MOTOR ASS'Y, E-CZ500	1
0K90	302-01289	CR RE TRUSS HD TAPPING SCREW M3.5*18-12	4	2DB7	308-00002	MEMBRANE, +/-, CENTERG	2
0K7M	302-01290	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8	2HW7	308-00005	KEYPAD, E-CZ500	1
0K4R	302-01291	CR.-RE. TRUSS HD. SCREW M5*0.8-12	54	01HH	310-00115	BRAKE CABLE, CG	1
0K3X	302-01292	CR.RE. PAN HD. SCREW & WASHER M5*0.8-14	2	21K5	310-00187	MAGNET AND BRACKET, CENTER-G/ACHIEVER	1
0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4	2DL8	310-00188	RETAINING CLIP, CENTER-G	2
0J4Z	302-01294	FLAT WASHER, 12X20-3	4	27S2	310-00202	ADJUSTABLE FOOT, AEROS	4
0JEJ	302-01296	C-RING A-25	2	2CTS	311-00078	DRIVE PULLEY, CENTER-G/ACHIEVER	1
0J3V	302-01298	WRENCH HEX. 6-115	1	2CTQ	311-00079	DRIVEN WHEEL, CENTER-G/ACHIEVER/DC	1
21A7	302-01300	RETAINING RING, CENTER-G	1	21B1	311-00109	MAGNETIC BRAKE ASS'Y "RoHS", E-CZ500	1
2CU3	302-01301	CENTER SHAFT WASHER	2	2B72	313-00065	GROUNDING CABLE	1
2DUW	302-01303	RETAINING RING, CENTER-G	2	24FK	313-00218	HAND PULSE CONTACT HR SENSOR, CENTER-G	2
21X8	302-01304	SPACER, CENTER-G/ACHIEVER/CDT	3	2D9G	313-00221	UPPER WIRE ASS'Y, E-CZ500	1
0J93	302-01307	SPRING WASHER, M10, BLACK	2	2H26	313-00385	POWER CORD, CG3	1
0J9C	302-01308	SPRING WASHER, M10, ZINC	2	2HW8	313-00386	WIRE, MAIN CONSOLE CG3	1
27JR	302-01312	HEX. SOC SET SCREW, M5*6	4	2HW9	313-00387	WIRE HARNESS, MAIN CG3 2HW9	1
0JAF	302-01313	WASHER, EXT TOOTH, M5	1	2HWD	313-00388	WIRE, LEAD ASSY CG3 2HWD	1
0JEE	302-01346	C-RING, A-17	4	2HWE	313-00389	WIRE, LEAD ASSY CG3 2HWE	1
2DM4	302-01352	WASHER, HANDLEBAR 10.2MM IDX35MM	2	2HWF	313-00390	OUTLET, CG3	1
22LR	302-01401	C-RING, A-16 T=1.2 BLACK	1	2HWG	313-00391	REED SWITCH, CG3	1
2D6R	302-01404	BOLT, 2D6R	1	2NYH	313-00454	WIRE HARNESS MAIN, E-CZ500	1
0KEQ	302-01415	SCREW, CR. RE. PAN HD. TAPPING M5X0.8-12	2	2NEM	313-00458	MICRO-SWITCH ASS'Y(L), E-CZ500	1
2B5V	302-01416	SCREW, CR.-RE. TRUSS HD. M5X0.8-16	8	2NYG	313-00459	WIRE HARNESS MAIN, E-CZ500	2
2JP7	302-01417	BOLT, HEX SOC HD M8X1.25-30	6	2J0Y	313-00460	SHAFT,SWITCH, E-CZ500	2
294S	302-01451	WASHER, FLAT 10X25-3 BLACK	2	2P2U	313-00461	POWER CORD CLAMP, E-CZ500	2
2CTD	302-01452	SPECIAL NUT, CG1-HR	4	2P1S	313-00462	CABLE SHIELD, E-CZ500	2
2LXT	302-01455	BOLT, HEX. SOC. HD. CAP M12X1.75-55 BLAC	2	01FD	314-00001	LEFT STICKER 600E	2
2GS1	302-01472	PIN, CG1-HR	2	01FE	314-00002	RIGHT STICKER 600E	2
2GS1	302-01472	PIN, CG1-HR	2	2DZV	314-00027	CAUTION LABEL, CENTER-G	2
2LGS	302-01474	BUSHING, CG1-HR	2	2NS4	314-00135	DECAL, RESISTANCE TOGGLE STICKER,E-CZ100	1
0K84	302-01585	CR. RE. COUNT HD TAPPING SCREW	6	2HHL	314-00145	Overlay, E-CZ500	1
0KA9	302-01586	CR.RE. PAN HD. TAPPING SCREW, E-CZ100	4	2NRR	314-00146	Decal, Stride Toggle Sticker, E-CZ500	1
0KBP	302-01591	CR.RE. PAN HD. TAPPING SCREW M4*18-8	4	2NSF	314-00147	DECAL, TOP SHOULDER STICKER, E-CZ500	2
0KFE	302-01619	CR.RE. PAN HD. SCREW M5*0.8-6 "ROHS", E-	1	2NS6	314-00148	DECAL, HEART RATE CHART STICKER, E-CZ500	1
2J03	302-01620	RETAINING WASHER, E-CZ500	4	2NS8	314-00149	DECAL, PROGRAM CENTER STICKER, E-CZ500	1
274J	302-01621	HEX. RUSS HD. SCREW"RoHS" M4*0.7-10 BLK	6	2NSG	314-00150	DECAL, RIGHT ACTUATOR STICKER, E-CZ500	1
2J07	302-01622	WASHER, D PATTERN, E-CZ500	4	2NSH	314-00151	DECAL, LEFT ACTUATOR STICKER, E-CZ500	1
2NFU	302-01623	WASHER, D SHAPE, E-CZ500	4	2NSA	314-00152	DECAL, BOTTOM SHROUD STICKER, E-CZ500	1
2J06	302-01624	ADJUSTABLE NUT, E-CZ500	2	2NS9	314-00153	DECAL, BOTTOM SHROUD STICKER, E-CZ500	1
2D1X	302-01625	CR. RE. PAN HD. SCREW M5*0.8-6 ZINC WITH	4	2NXC	314-00172	TRADE-MARK LABEL, E-CZ500	1
0KNL	302-01626	HEX. NUT"RoHS" M8*1.25 T=6.5, E-CZ500	6	2NS2	314-00173	KEYPAD OVERLAY, E-CZ500	1
0K28	302-01627	HEX.SOCKET HD.CAP SCREWS"RoHS" M	12	2D4Z	319-00222	GUARD,CENTER-G/CG2/CG3	2
2ABK	302-01628	HEX.SOCKET HD.CAP SCREWS M8*1.25-30 SPRI	2	2CU9	319-00223	COLLAR, POM, CENTERG	2
25ZE	302-01629	HEX. SOC. HD. CAP BOLT M4*0.7-10 BLACK W	2	21LG	319-00225	COLLAR, CENTERG	2
255N	302-01630	HEX.SOCKET HD.CAP SCREWS M8*1.25-20 BLAC	12	2CU8	319-00229	SHAFT WHEEL W/BALL BEARING, NO LIP	2
0JVV	302-01631	HEX. SOC. HD. CAP BOLT M6*1.0-16, E-CZ50	2	2KUJ	319-00404	ADJUSTMENT LINK ,BRACKET @, E-CZ500	1
2DAK	304-00019	BELT, POLY-V BELT PJ450	1	2J00	319-00405	LINK PLATE (L), E-CZ500	2
2D2G	305-00146	SIDE COVER, RIGHT INNER CENTER-G	1	2KUM	319-00406	CLAMP BAR ,PLATE, E-CZ500	2
2D2J	305-00148	SIDE COVER LEFT INNER, CENTER-G	1	2KCC	319-00407	PLATE, E-CZ500	2
2D3F	305-00152	BRACKET COVER, CENTER-G/ACHIEVER/CDT	2	2J0A	319-00408	BUSHING,LINK PLATE, E-CZ500	4
2D39	305-00154	RIGHT COVER, NO COVER CENTER-G	1	2HZZ	319-00409	LINK PLATE @, E-CZ500	2
2D3A	305-00155	COVER-RIGHT, CENTER-G	1	2J0Q	319-00410	CLAMP BAR, E-CZ500	2
2D3B	305-00156	COVER-LEFT, CENTER-G	1	2KUP	319-00411	ADJUSTMENT LINK ,BRACKET (L), E-CZ500	1
2D40	305-00157	LEFT COVER, NO DECAL CENTER-G	1	2NG3	328-00085	AXLE SEAT,UPPER, E-CZ100	2
2D41	305-00158	REAR COVER, CENTER-G	1	2NFW	328-00086	AXLE SEAT,LOWER, E-CZ100	2
2D4J	305-00159	TOP CONSOLE PANEL, CENTER-G	1	2NTN	328-00087	FOAM, E-CZ100	2
2D4K	305-00160	BOTTOM CONSOLE PANEL, CENTER-G	1	2N3N	330-00095	CENTER SHAFT ASSEMBLY,W/HOLE CG2/CDT/ACH	2
2HZA	305-00202	COVER,ACTUATOR OUTSIDE RIGHT W/DECAL CG3	1	2CRJ	330-00098	CRANK SHAFT 90 DEGREE	1
2HZC	305-00203	COVER, ACTUATOR INSIDE RIGHT CG3	1	2J0T	330-00105	ELEVATING SHAFT-THREADED, E-CZ500	2
2HZD	305-00204	COVER ACTUATOR, OUTSIDE LEFT W/DECAL CG3	1	0HWC	331-00037	BALL BEARING 6005Z, 600E / EVO-1	12
2HZE	305-00205	COVER, ACTUATOR INSIDE LEFT CG3	1	2JP8	331-00122	MINI THRUST BALL BEARING(NACHI SPEC.8TAM	2
2JRD	305-00206	COVER, LINKAGE CG3	2	0HVX	331-00123	BALL BEARING"RoHS"(6203ZZ), E-CZ500	2
2P2D	305-01606	COVER, E-CZ500	1	0HVQ	331-00124	BALL BEARING"RoHS"(6005ZZ), E-CZ500	4
22RS	306-00666	LOCKING CABLE TIE GTP-110M, NYLON	6	0HVV	331-00125	BALL BEARING"RoHS"(6204ZZ), E-CZ500	2
2AX2	306-00668	TRANSPORTATION WHEEL, CENTER-G	2				

Exploded View



Warranty Information



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime

Electronics and *Parts: 3 yrs

Labor: 1 yr

Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Keys.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO KEYS-BRANDED PRODUCTS. KEYS NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.

[illegible]

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Customer Service

(888) 340-0482

Keys Fitness Products

4009 Distribution Drive

Suite 250

Garland, TX 75041